

SEASONAL SUMMER RESIDENT MENU 2024 – CAPITALCARE DICKINSFIELD

Regular Menu: Week 1 at a glance: June 24 – 30, July 15 -21, Aug 5 – 11, Aug 26 – Sept 1, Sept 16 – 22, Oct 7 – 13, Oct 28 – Nov 3

*MENU SUBJECT TO CHANGE

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
LUNCH							
SOUP	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Vegetable Chowder	French Canadian Pea Soup	Cream of Mushroom Soup	Italian Vegetable Soup
SALAD	Coleslaw	BBQ Beef on a Bun	Grated Carrot Salad with Lemon Dijon Vinaigrette	Spinach Salad with Poppy seed Dressing	Taco Bake	Chicken Burger on bun with Lettuce, Tomato, Bread and Butter Pickles and Condiments	Caesar Salad Vegetarian Lasagna
MAIN ENTRÉE	Lemon Pepper Cod With Tartar Sauce	Mashed Potatoes	Tuna Salad or Chicken Salad	Grilled Ham & Swiss Cheese	Kernal Corn	Seasoned Steak Fries	Dinner Bun
STARCH	Sweet Potato Fries	Green Beans	Croissant (Sliced) (Dinner Bun for DS/mcd)	2nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Vanilla Oreo Cheesecake	Yellow Wax Beans	2 nd Choice Winter Mix Veg
VEGETABLE	Fruit Cocktail	Caramel Swirl Cake	Saskatoon Berries with Whip Topping	Diced Pears		Diced Peaches	Yogurt Parfait (Pureed Strawberries, Granola & Yogurt)
DESSERT							
SUPPER							
MAIN ENTRÉE	Chicken Alfredo Casserole	1 st Choice Sweet & Sour Pork	Meatloaf with Gravy	Spaghetti & Meat Sauce	Seasoned Chicken Breast	1 st Choice: Spanish Style Pork Cutlet	Chicken Kiev
STARCH	Vienna Bun Or Bread / Margarine	2 nd Choice Shaved Turkey	Herb Red Roasted Potatoes	Garlic Toast	Scalloped Potatoes	2 nd Choice: Shaved Turkey	Yukon Gold Mashed Potatoes
VEGETABLE	Buttered Broccoli	Steamed Rice	Cauliflower with cheese sauce	California Mixed Vegetables	Paradisio Blend Vegetables	Mashed Potatoes	Buttered Diced Carrots
DESSERT	2 Bite Brownies	Asian Mixed Veg	Neapolitan Ice Cream Sandwich	Mixed Berry Crumble	Fresh Fruit in Season	Italian Mixed Veg	Chocolate Fudge Cake
<p>Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry, Peach medley), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Pastries). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper</p>							

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Regular Menu: Week 2 at a glance: June 24 – 30, July 15 -21, Aug 5 – 11, Aug 26 – Sept 1, Sept 16 – 22, Oct 7 – 13, Oct 28 – Nov 3

*MENU SUBJECT TO CHANGE

WEEK 2	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY– Day 14
LUNCH							
SOUP	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Broccoli Soup	Borscht Soup	Italian Chicken Bean Soup	Bean & Vegetable Bisque	Turkey Noodle Soup
SALAD	Coleslaw	Tossed Salad	Marinated Cucumber Salad	Pork Sausage	Beef Hot Dog on Bun with Sauteed Onions, Sauerkraut and condiments	Marinated Bean Salad	Grilled Chicken Caesar Salad
MAIN ENTRÉE	Fish Nuggets with choice Ranch or available condiments	Home-Style Chili with Shredded Cheese	Pulled Pork on a Bun 2 nd Choice: Mashed Potato	Pyrogies with Diced Onions, Bacon, Sour Cream		Grilled Cheese Sandwich	
STARCH		Corn Muffin	2nd Choice: Creamed Corn (Dysphagia Soft, Minced, Pureed)	Rice Cabbage Roll	Baked Beans 2 nd Choice: Mashed Potato 2 nd Choice: Yellow Waxed Beans	2 nd Choice: Buttered Broccoli	Focaccia Bread
VEGETABLE	Seasoned Steak Fries			Diced Peaches		Yogurt Parfait (Mixed Berries & Yogurt)	Fruit Cocktail
DESSERT	Diced Pears	Home Baked Chocolate Chip Cookie	Butterscotch Ice Cream		Fresh Fruit in Season		
SUPPER							
MAIN ENTRÉE	Honey Garlic Beef Stir Fry	Oven Baked Chicken (Breast)	Battered Chicken Balls with Pineapple Sauce	1 st Choice: Grilled Beef Burger/Bun with Cheese, Lettuce & Tomato 2 nd Choice: Fish Burger/Bun with choice of condiment	1 st Choice: Pork Cutlet in Dijon Mustard Sauce 2 nd Choice: Shaved Turkey	Beef and Macaroni Casserole	1 st Choice: Shaved Festive Baked Ham with Choice of Brown sugar glaze or condiments 2 nd option: Chicken Breast
STARCH	Rice	Loaded Potato Patty	Steamed Rice	Seasoned Potato Wedges	Steamed Rice	Buttered Squash	
VEGETABLE	Buttered Peas	Brussel Sprouts	Oriental Vegetables	Whipped Turnip	Buttered Diced Carrots	Lemon Streusel Cake	Cheesy Mashed Potatoes Buttered Peas
DESSERT	Mini Donut	Strawberries & Rhubarb with whip topping	Fruit Cocktail	Macaroon Bar	Mello Jello		Peach Pie with Ice Cream

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 Assorted Sandwiches offered at Lunch and Supper
 Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper

SEASONAL SUMMER RESIDENT MENU 2024 – CAPITALCARE DICKINSFIELD

Regular Menu: Week 3 at a glance : July 1 – 7, July 22 – 28, Aug 19 – 25, Sept 2 – 8, Sept 23 – 29, Oct 14 – 20, Nov 4 -10

*MENU SUBJECT TO CHANGE

WEEK 3	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
LUNCH							
SOUP	Cream of Cauliflower Soup	Beef Noodle Soup	Hearland Bean Medley Soup	Loaded Baked Potato Soup	Chicken Noodle Soup	Beef Vegetable Soup	Turkey Vegetable Soup
SALAD	Creamy Crasin Coleslaw	1 st Choice: Creamy Cucumber Salad	Crispy Chicken Drumsticks	Pea Salad	Grilled Beef Burger with cheese & lettuce, sliced dills and available condiments	Three Cheese Macaroni	Garden Omelet
MAIN ENTRÉE	Beef Lasagna	Battered Pollock with Tartar Sauce	Cold Potato Salad	Assorted Sandwich and Wrap Platter	Seasoned Straight-Cut Fries	Winter Mix Vegetables	Cubed Hashbrowns
STARCH	Garlic Toast	Seasoned Steak Fries	Kernal Corn	1.Egg Salad on dinner roll	2 nd Choice: Squash	Country Carrot Cake with Cream Cheese Frosting	Buttered Peas
VEGETABLE	2 nd Choice: Mashed Potato	2 nd Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Blueberry Tart	2. Crab Salad on WW	Pound Cake with Strawberry Sauce and whipped topping	Yogurt Parfait (Mixed berries, Granola & Yogurt)	
DESSERT	Honeydew Melon	Mandarin Oranges		3.Bologna & Cheese wrap			
				4. Cheese & Lettuce on multigrain			
SUPPER							
MAIN ENTRÉE	Roasted Chicken Breast with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	1 st Choice: Pork Stew	Pizza Ham & Pineapple & Vegetarian	Szechuan Beef Rice Bowl (Beef Strips, Green Cabbage)	1 st Choice Salmon Fillet with Creamy Dill Sauce	Chicken Strips with Plum Sauce	Shaved Roast Beef & Gravy
STARCH	Mashed Potato	2 nd Choice: Sliced Turkey	Caesar Salad	Rice	2 nd Choice: Roasted Chicken Breast with Resident Choice of Dill Sauce, Gravy OR Condiments on unit	Yukon Gold Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Harvard Beets	Dinner Bun	2 nd Choice: Cauliflower (Dysphagia Soft, Minced, Pureed)	Chocolate Pudding	Spanish Rice California Mix	Italian Mix Vegetable	Yorkshire Pudding
DESSERT	Boston Cream Cake	Fall Medley Mix	Mangoes		Fresh Fruit in Season	Diced Pears	Whipped Turnips
		Vanilla Ice Cream with Caramel or Raspberry Drizzle					Fudgesicles

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Assorted Sandwiches offered at Lunch and Supper
Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper